

club circuit

WOMEN OF NORTH FARMINGTON ask that reservations be made today for their tour of the Plymouth Historical Museum Wednesday, Nov. 19. The tour begins at 10 a.m. followed by lunch in the Mayflower Hotel. The event is open to guests. Reservations are taken by Elaine Rousseau, 477-6849. The fee is \$11.

FARMINGTON NEIGHBORS CLUB meets at 11:30 a.m. Wednesday, Nov. 19, in Glen Oaks Country Club for lunch and a program on astronomy. Guest speaker for the day is Al Varone, a physics professor at Oakland Community College. Reservations must be made by Friday with Barbara May, 471-6765, or Elsie Ross, 474-7681.

DETROIT STORY LEAGUE meets at noon Saturday, Nov. 15, in the home of Roberta Bullough, 6771 Park, Livonia. Guests are welcome to call the hostess, 464-7084, for directions. Members and guests bring a sandwich for lunch. Dessert and beverage will be served by the hostess and her co-hostesses, Mary Beth Janisse of Royal Oak and Verna Smith of Birmingham.

Theme for the day is "First Snow." Storytellers for the day are Marilyn Andrew and Alice Glatzhofer, both of Dearborn, and Barb Anderson of Ann Arbor.

Storytelling engagements are arranged by calling Ruth Kroepel of Farmington, 477-5622.

DETROIT ALUMNAE PANHELLENIC ASSOCIATION will host its new president and vice president at tea from 1-4 p.m. Sunday, Nov. 16, in the home of Mrs. Ryan Shaw, 4737 Ashburton Road, Sterling Heights.

Among those in the receiving line will be past president of Chi Omega, Mrs. Edward Sarkisian from Farmington; and Mrs. Joseph York, a Sigma Kappa member from Farmington Hills. Delegates, past presidents, national and state officers and alumnae

chapter presidents will be in attendance.

The association extends fraternity education information to college women and the community, grants scholarships, promotes community philanthropic projects and acts as coordinator for 18 member sorority alumnae groups. The association is represented on the United Foundation's planning committee and the Heart of Gold Award Luncheon.

LITTLE SISTERS OF THE POOR hosts an open house from 2-5 p.m. Sunday, Nov. 16, in the Burtha Fisher Home, 17550 Southfield Road at Outer Drive, Detroit.

There will be handicrafts and baked goods for sale. Refreshments are available.

The event is sponsored by St. Joseph Auxiliary, whose members will conduct tours of the home.

FARMINGTON AREA COMMUNITY WOMEN meet at 7:30 p.m. Monday, Nov. 17, in the Farmington Community Center. All meetings sponsored by the club are open to all interested women.

BEREAVED PARENTS meet at 8 p.m. Monday, Nov. 17, in Newman House, Schoolcraft College campus, 17300 Haggerty. The meeting is open to parents who have lost a child. Raymond or Gloria Collins will take calls for information or assistance, 348-1857.

MICHIGAN ASSOCIATION FOR CHILDREN AND ADULTS WITH

LEARNING DISABILITIES, Farmington Area Chapter, meets at 7:30 p.m. Monday, Nov. 17, in the Farmington Hills Branch Library, 32737 12 Mile.

Members will discuss "Setting Goals You Can Live With." Patti Hohl will serve as discussion leader. The meeting is open to all interested students, teachers and parents.

WOMEN'S ACTION FOR NUCLEAR DISARMAMENT, Metro Detroit Chapter, meets at 8 p.m. Tuesday, Nov. 18, in Southfield Civic Center's Parks and Recreation Building, Evergreen between 10 and 11 Mile. Guests are invited. Admission is asked at the door.

Speaker for the evening is Barbara Levin of Center for Defense Information, Washington, D.C. Her topic is "Star Wars: Vision and Reality."

LALECHE LEAGUE, Farmington-Southfield Chapter, meet at 7:30 p.m. Wednesday, Nov. 19, in the home of Less McNaught, 25119 Acadia, Southfield. Topic for the evening is "The Art of Breastfeeding and Overcoming Difficulties." The meeting is open to all area mothers interested in breastfeeding their babies. Inquiries taken by LaLeche League's central phone, 382-2800.

AMERICAN PRODUCTION AND INVENTORY CONTROL SOCIETY meets at 6 p.m. Wednesday, Nov. 19, in the Ramada Inn, Telegraph south of 12 Mile, Southfield. Guests are welcome. Inquiries are taken by calling 861-2220.

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN, Farmington Branch, celebrates its 35th birthday at 7:45 p.m. Wednesday, Nov. 19, in the Farmington Branch Library, State and Liberty.

Guests are welcome to hear long-time branch member Judge Margaret Schaeffer talk on "A Life of Public Service."

A commemorative anniversary booklet, prepared by Nancy Davis and Mary Lou White, will be given to members at the meeting.

FARMINGTON COMMUNITY CENTER MEN'S CLUB meets at noon Thursday, Nov. 20, in the center, 24705 Farmington Road. Guests are welcome, but must make reservations before Tuesday, Nov. 18, by calling the center, 477-8404. The fee is \$4.

The after-lunch speaker is Dr. Anthony Ingram, senior associate in Henry Ford Hospital's Department

of Human Development. His talk is called "Trends in Demography and Health Care."

AMERICAN ASSOCIATION OF RETIRED PERSONS, Farmington Hills Chapter 2088, meets for a potluck luncheon at noon Friday, Nov. 21, in the Farmington Hills Branch Library, 12 Mile east of Farmington Road.

Members or guests may choose to donate \$3 instead of bringing a dish. All persons aged 55 and over, whether retired or not, may attend.

Membership inquiries are taken by calling Zolton Toth, 851-5490.

All club news and announcements for this column are to be addressed to: Club Circuit, Farmington Observer, 33203 Grand River, Farmington 48024. The information must arrive before noon on the Monday before Thursday publication.

Minister gives a quiz

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ry. State your problem in 10 different ways. Ask open-ended questions. Try a new recipe or an old recipe with a new ingredient. Rearrange your office or junk drawer or your priorities."

• **EMOTIONS** — Laugh rather than complain. Practice the attitude of gratitude. "Hans Selye, renowned stress researcher, claims that hate and revenge are harmful to our physical health, while optimal physical functioning is associated with the attitude of gratitude."

Self-esteem builders: Talk to yourself gently. "Call yourself bad names and you'll end up a lot more fatigued than if you whisper sweet something."

Be realistic. Accept your limits. "If no one else notices your good points, pat yourself on the back. . . . Avoid comparisons — especially with an 'ideal you' based on everyone else's best traits."

Avoid worrying prematurely. "When Angie and John anxiously pressed their doctor about how long their diabetic son might live, he wisely replied, 'If you cross the bridge before you get there, you'll have to pay the toll twice.'"

Affirm your resources. "Mother Theresa was asked, 'What are the sources of your strength?' She replied, 'A 98-year-old woman in Philadelphia who prays for me.' Strength is both around you and within you."

Focus on what deeply satisfies you. Occupy your time with projects, commitments and challenges.



Donald Tubesing

Hang in there when the going gets tough.

• **SPIRITUAL** — Be quiet. "Spiritual truths often come in the form of a still small voice that is difficult to hear above the chaos and confusion of a frantic life-style. Set aside time for solitude and meditation."

Be open. "Foster a non-judgmental attitude so that you're open to the spiritual dimension in any life event — hoeing the garden to witnessing an accident. God may be waiting in the wings to touch your core."

Be curious. "Through interpersonal Bible study you may discover whole new dimensions of yourself."

Be receptive to pain and grief. "Feel your pain fully, then ask, 'What is it trying to teach me?'"

Be playful. "When you make music, dance, laugh, sing — however you play — listen for sounds of the spirit."

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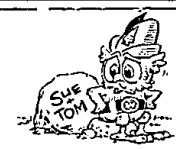
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